



Dream Aesthetic by Dr. Ortiz

Pre-Care Instructions – Vaginal Rejuvenation

Thank you for choosing Dream Aesthetic for your **CO2 Laser Vaginal Rejuvenation** treatment. This advanced, non-surgical procedure is designed to restore **comfort, elasticity, hydration, and confidence** by stimulating collagen production and tissue renewal. To ensure a safe and successful session, please follow the pre-care instructions below:

Before Your Treatment

Schedule Around Your Menstrual Cycle:

- Please plan your appointment **at least 5–7 days before or after your period** for comfort and hygiene.

Avoid Sexual Intercourse:

- Refrain from vaginal intercourse for **at least 48 hours before** your session.

Stop Using Vaginal Products:

- Discontinue the use of **tampons, douches, vaginal creams, suppositories, or medications** in the treatment area for **48 hours before** your appointment.

Shave or Trim the Area (if needed):

- If there is hair around the treatment area, gently shave or trim **24–48 hours prior** to ensure clear access to the skin.

No Active Infections:

- Treatment cannot be performed if you have an **active vaginal, urinary, or yeast infection**. Please inform us if you are experiencing any symptoms.

Medication Disclosure:

- Inform your provider of any current medications, particularly **antivirals** if you have a history of **herpes simplex virus (HSV)**. A preventive antiviral may be recommended.

Hydrate Well:

- Drink plenty of water leading up to your appointment to support tissue health and healing.

Day of Your Treatment

✔ Arrive with Clean, Dry Skin:

- Do not apply any lotions, powders, oils, or products to the treatment area.

✔ **Wear Comfortable Clothing:**

- Choose loose-fitting, breathable clothing for your comfort after the procedure.

✔ **Light Meal Recommended:**

- A light meal beforehand is encouraged to help you feel at ease.

What to Expect:

- Treatment is typically **well-tolerated**, with a **warm sensation** and minimal discomfort.
- Some clients experience **temporary swelling, redness, or a light discharge**, which is normal.
- A personalized post-care plan will be provided to support healing and maximize results.

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